

■ PRODUCTS

Bite size

Fresh food ideas and news



In season: Asparagus

The asparagus season is short (end of April to end of June) so make the most of it! Incredibly versatile, asparagus can be boiled, steamed, roasted, chargrilled, stir-fried or sautéed, and used in salad and pasta dishes, as a side or just on its glorious own. It's also something of a health cocktail, low in fat and full of fibre, minerals and vitamins, in particular vitamins A and C. With only 21 calories and 0.5g fat per 80g serving, it's an excellent choice for weight-loss.

Trap the fat!

This nifty product is a great way to make grilling meat healthier. Ultra-absorbent, the Fat Trapper pads soak up excess fat from sausages, chops, burgers and bacon and trap it within. Simply place on top of your usual grill rack (not suitable for use under grills where the door has to be closed during cooking). They also have the added benefits of keeping your grill pan clean and preventing fat flare-up.



Fat Trappers, £5.59 for 10, available from Lakeland

Blend your 5-a-day

Kenwood's new Blend-XTRACT Sport is a quick and convenient way to pack more fruit and veg into your diet. Complete with two moulded sports bottles, made from durable Tritan™, the Blend-XTRACT blitzes fruit and veg with ease into fresh, nutritious and tasty drinks and smoothies. The design of the blender and its bottles means you can take your drink with you – ideal for breakfast on the go or a satisfying boost after a workout. RRP £29.99



Keen on quinoa

Once seen as an obscure ingredient, only available in health food shops, quinoa (pronounced keen-wa) has grown sharply in popularity over recent years. Packed with B vitamins, vitamin E and fibre, it is a good source of calcium and other minerals, and has twice as much protein as rice or barley. It's also a slowly digested carbohydrate, helping stabilise blood sugar levels and stave off hunger pangs. Try it in salads or instead of couscous or rice as an accompaniment to stews, tagines and casseroles. And if you're not sure about cooking it yourself, you can get ready-prepared pouches from most supermarkets.